Application No.: 10/702,611 Page 1 of 5

ELECTRONICALLY FILED ON **1** August 2006

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re application of: William R. Dubrul Attorney Docket No.: 021016-1

Application No.: 10/702,611 Examiner: Lori Baker Amerson

Filed: 07 November 2003 Group: 3764

Title: Push Up/Pull Up Confirmation No.: 8512

Exercise Apparatus and Methods for Use

Mail Stop Amendment Commissioner for Patents P.O. Box 1450 Alexandria, VA 22313-1450

AMENDMENT

Sir:

In response to the office action mailed 29 June 2006, please amend this application as follows.

Amendments to the Claims are reflected in the listing of claims, which begins on page 2 of this paper. This listing of the claims will replace all prior versions, and listings, of the claims in this application.

REMARKS begin on page 4 of this paper.